

Bexley Blast

With 45# (35# for 140 pounders and under) do each exercise 10 times without putting down the weight for the duration - should complete in less than 15 min.

Each time the weight touches the ground you owe 100 pushups.

You can use a barbell, dumbbell, plate, or kettle ball and should change up the implement each time.

- Overhead Press
- Straight Arm Overhead Lunge
- Skull Crushers
- Rotate around head 5 times each way (skip if using barbell)
- Chest Push Outs
- Curls
- Upright Rows
- Clutch to Chest Good Mornings
- Squat
- Bent Over Rows
- Twist
- Rotate around torso 5 times each way
- Dead lift
- Wrestlers' Bridge Bench
- Sit-ups
- Side Twist
- In stance, weight held under and between legs, squat
- Rotate around legs 5 times each way
- Wrist Curls (if barbell; if anything, else hold in each hand for 30 seconds)
- Clean and Press
- Put down weight and Run a Mile

In the off season – you will earn 10 points when you complete this 4 times.

During the season – you should do this on your own as often as you can to maintain your strength and endurance.